

Abington

(781) 982-2145

Abington WOW Group

Abington Council on Aging
500 Gliniewicz Way
Abington, MA 02351

Walking Locations: Abington

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1 – 2 days per week

Time of Walks: Mornings

Acton

(978) 264-9643

Acton Striders

Acton Council on Aging
Town Hall/ 472 Main St.
Acton, MA 01720

Walking Locations: Acton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 2 or more days

Time of Walks: Mornings

Adams

Senior Hoofers

(413) 743-8333

Adams Council on Aging
18 East Street
Adams, MA 01220

Walking Locations: Adams

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Agawam

Agawam Walkers

(413) 786-0400

Agawam Senior Center

(413) 821-0605

Meadow Brook Manor

Agawam, MA 01001

Walking Locations: Agawam

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Amherst

Amherst Walk and Talkers

(413) 259-3136

Amherst Senior Center

70 Boltwood Street

Amherst, MA 01002

Walking Locations: Amherst, Hadley, Northampton

Seasons Club Actively Walks: Fall, Spring

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Arlington

Millenium Walkers

(781) 316-3420

Arlington Senior Association

27 Maple Street

Arlington, MA 02476

Walking Locations: Arlington, Cambridge, Lexington

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Attleboro

Attleboro Amblers

(508) 223-2235

Attleboro Council on Aging
25 South Main Street
Attleboro, MA 02703

Walking Locations: Attleboro, other towns on special occasions

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Attleboro Housing Authority

(508) 222-0151 X208

37 Carlon Street
Attleboro, MA 02703

Walking Locations: Attleboro

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings or afternoons

Attleboro Walking Club

(508) 223-2235

Attleboro Council on Aging
25 South Main Street
Attleboro, MA 02703

Walking Locations: Attleboro, Plainville, Foxboro, Mansfield

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Bedford

(781) 275-6825

Bedford COA Walking Club

Bedford Council on Aging
12 Mudge Way
Bedford, MA 01730

Walking Locations: Bedford

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Belchertown

(413) 323-0420

Quabinares

Belchertown Council on Aging

60 State Street

Belchertown, MA 01007

Walking Locations: Belchertown

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Bellingham

Bellingham Birders

(508) 883-8254

Bellingham Senior Center/YMCA

40 Blackstone Street

Bellingham, MA 02019

Walking Locations: Bellingham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Morning

Beverly

Gab & Gait

(978) 921-6017

Beverly Council on Aging

90 Colon Street

Beverly, MA 01915

Walking Locations: Beverly
Seasons Club Actively Walks: Summer, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Boston (See also: Charlestown, Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

Hale House Walking Club (617) 536-3726
Hale House
273 Clarendon Street
Boston, MA 02116

Walking Locations: Boston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Boston

Laboure Walking Club (617) 268-9670
Laboure Adult Day Health Center
376 W. Ford Street
South Boston, MA 02120

Walking Locations: South Boston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

The Sensational Seniors (617) 541-2461
Reggie Lewis Center
1350 Tremont Street
Boston, MA 02120

Walking Locations: Boston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Aliancianos Unidos

(617) 232-0634

La Alianza Hispana
63 Parker Hill Ave
Boston, MA 02119

Walking Locations: Boston Area
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings and afternoons

Be All You Can Be

(617) 437-0789

Four Corners Community Health Center
521 Shawmut Ave.
Boston, MA 02118

Walking Locations: South End, Cambridge
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 5 or more days
Time of Walks: Mornings

Greater Boston Chinese Golden Age Center

(617) 542-7488

25 Stuart St. 5/F
Boston, MA 02116

Walking Locations: Boston Commons
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 5 or more days
Time of Walks: Mornings

South Boston Senior Services (Ethos)**(617) 522-6700 x331**

555 Amory St.

Boston, MA 02130

Walking Locations: Mattapan Area**Seasons Club Actively Walks:** Spring**Number of Days a Week Club Walks:** 1-2 days**Time of Walks:** Mornings

South Boston Senior Services (Ethos)

555 Amory St.

Boston, MA 02130

Walking Locations: Hyde Park Area**Seasons Club Actively Walks:** Spring, Fall**Number of Days a Week Club Walks:** 1-2 days**Time of Walks:** Late Mornings

Brewster**Brewster Walking Club****(508) 896-2737**

Brewster Council on Aging

1673 Main Street

Brewster, MA 02631

Walking Locations: Brewster, Cape Cod**Seasons Club Actively Walks:** Fall, Winter**Number of Days a Week Club Walks:** 1-2 days**Time of Walks:** Mornings

Bridgewater**Ousam Indians****(508) 697-0929**

Bridgewater Council on Aging
10 Wally Kruegar Way
Bridgewater, MA 02324

Walking Locations: Varied Locations
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Brockton

Brockton COA Walking Club (508) 580-7811
Brockton Council on Aging
36 Main Street, 3rd Floor
Brockton, MA 02301

Walking Locations: Brockton
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 5 or more days
Time of Walks: Mornings, Weekends

Brookline

Sole Mates (617) 730-2770
Brookline Council on Aging
93 Winchester Street
Brookline, MA 02446

Walking Locations: Brookline, Boston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Cambridge

Energetic Walking Club (617) 349-6220
Cambridge Senior Center
806 Massachusetts Avenue

Cambridge, MA 02139

Walking Locations: Cambridge, Boston

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Carlisle

Carlisle Walking Group

(978) 371-2895

Carlisle Council on Aging

P.O. Box 827

Carlisle, MA 01741

Walking Locations: Carlisle, Concord, Bedford, Lexington

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Charlestown

Golden Age Seniors

(617) 635-5175

Charlestown Community Center

382 Main Street

Charlestown, MA 02129

Walking Locations: Charlestown, Somerville, Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Chatham

Chatham Walkers

(508) 945-5190

Chatham Council on Aging and Senior Center

193 Stonyhill Road

Chatham, MA 02633

Walking Locations: Chatham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

CHARLTON

Walky-Talkys of Charlton

(508) 248-2379

Charlton Council on Aging

37 Main Street

Charlton, MA 01507

Walking Locations: Charlton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2days

Time of Walks: Mornings & Afternoons

Chelmsford

Chelmsford Senior Center Walking Group

(978) 251-0533

Chelmsford Senior Center

75 Groton Road

Chelmsford, MA 01863

Walking Locations: Chelmsford, Lowell, Billerica, Carlisle

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Chelsea

Chelsea Walking Club

(617) 889-2520

Chelsea Senior Center and Council on Aging

10 Riley Way

Chelsea, MA 02150

Walking Locations: Chelsea
Seasons Club Actively Walks: Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Chesterfield

Chesterfield Walking Club (413) 296-4007
Chesterfield COA
P.O. Box 7
Chesterfield, MA 01012
Walking Locations: Chesterfield
Seasons Club Actively Walks: Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Chicopee

Chicopee Walking Keys (413) 534-3698
Chicopee Senior Center
7 Valley View Court
Chicopee, MA 01020
Walking Locations: Chicopee
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Clinton

Spirited Walkers (978) 365-9416
Clinton Council on Aging
200 High Street
Clinton, MA 01510

Walking Locations: Clinton, Lancaster, Sterling, West Boylston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2days
Time of Walks: Afternoons

Dorchester

Harbor Point Walking Club (617) 288-4569
Housing Opportunities Unlimited
1 North Point Drive
Dorchester, MA 02125

Walking Locations: Dorchester
Seasons Club Actively Walks: Summer, Spring
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

The Walking Club (617) 825-5000
John Madden Senior Center
1500 Dorchester Avenue
Dorchester, MA 02122

Walking Locations: Dorchester
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Afternoons

40 Westwind (617) 288-4569
Housing Opportunities Unlimited
1 North Point Drive
Dorchester, MA 02125

Walking Locations: Dorchester
Seasons Club Actively Walks: Summer
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Dracut

Dracut Walking Group
Dracot Council on Aging
951 Mammoth Road
Dracot, MA 01826

(978) 957-0129

Walking Locations: Lowell (along the river)
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Duxbury

Senior Dux
Duxbury Council on Aging
Duxbury Town Hall, 878 Tremont Street
Duxbury, MA 02332

(781) 934-5774

Walking Locations: Duxbury
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

East Longmeadow

Morning Glory Walkers
East Longmeadow Council on Aging
328 North Main Street
East Longmeadow, MA 01028

(413) 525-5436

Walking Locations: East Longmeadow, Springfield
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

East Longmeadow

Chancellor Trotters

(413) 525-8150

Chancellor Gardens

50 Benton Drive

East Longmeadow, MA 01028

Walking Locations: East Longmeadow, Longmeadow, Springfield

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Easton

Easton Walking Club

(508) 230-3305

Easton Council on Aging

136 Elm Street

Easton, MA 02356

Walking Locations: Varied Locations

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Everett

The Pace Setters

Cambridge Health Alliance

391 Broadway

Everett, MA 02149

Walking Locations: Everett

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Evenings

Framingham

The Walking Club

(508) 620-4827

Framingham Board of Health
150 Concord Street, Room 221
Framingham, MA 01701

Walking Locations: Framingham, Natick

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Franklin

Franklin Trail Blazers

(508) 520-4946

Franklin Senior Center
80 West Central Street
Franklin, MA 02038

Walking Locations: Franklin

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Gardner

Mount Walkers

(978) 632-3316

Mount Wachusett Community College
444 Green Street
Gardner, MA 01440

Walking Locations: Gardner, Barre, Baldwinville

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Granby

Granby Walking Club

(413) 467-3239

Granby Council on Aging
257 State Street
Granby, MA 01033

Walking Locations: Granby

Seasons Club Actively Walks: Summer, Fall, Winter, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Groton

(978) 448-1170

Groton Council on Aging

173 Main Street
Groton, MA 01450

Walking Locations: Groton Rail Trail

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Hadley

Dandi Liners

(413) 586-4023

Hadley Council on Aging
46 Middle Street
Hadley, MA 01035

Walking Locations: Hadley

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Halifax

Halifax Hoofers

(781) 293-7313

Halifax Council on Aging
506 Plymouth Street
Halifax, MA 02338

Walking Locations: Halifax
Seasons Club Actively Walks: Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Hanover

Srollettes (781) 878-6361
Hanover Council on Aging
624 Circuit Street
Hanover, MA 02339

Walking Locations: Hanover
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Hanson

Hanson Senior Trotters (781) 293-2683
Hanson Council on Aging
132 Maquan Street
Hanson, MA 02341

Walking Locations: Hanson
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Harwich

Harwich Walkers (508) 430-8623
C/o Francois Marin
31 Hillside Road

Harwich, MA 02645

Walking Locations: Harwich, Chatham, Dennis

Seasons Club Actively Walks: Spring Fall Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Haverhill

Bethany Road Runners

(978) 374-2164

Bethany Homes

22 Phoenix Row

Haverhill, MA 01830

Walking Locations: Salisbury, Salem

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hingham

Heels

(781) 741-1458

Hingham Council on Aging

224 Central Street

Hingham, MA 02043

Walking Locations: Hingham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Holden

Senior Walkers of Holden

(508) 829-0270

Holden Council on Aging

1128 Main Street

Holden, MA 01520

Walking Locations: Holden, Worcester, Paxton, Rutland, Shrewsbury
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Hopedale

Hopedale Walking Club (508) 473-9310
Hopedale Community House
Hope Street
Hopedale, MA 01747

Walking Locations: Hopedale
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Hudson

The Walkers (978) 568-9638
Hudson Council on Aging
29 Church Street
Hudson, MA 01749

Walking Locations: Hudson
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Hyannis

Barnstable Happy Hoofers (508) 862-4750
Barnstable Senior Center
825 Falmouth Road
Hyannis, MA 02601

Walking Locations: Hyannis area, Centerville, Osterville
Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hyde Park

Hyde Park Walking Group

(617) 361-1187

15 Chittick Road

Hyde Park, MA 02136

Walking Locations: Hyde Park

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Jamaica Plain

Nate Smith House Walking Club

(617) 524-2294

Nate Smith House

155 Lamartine Street

Jamaica Plain, MA 02130

Walking Locations: Jamaica Plain

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Kingston

Kingston Walkers

(781) 585-0511

Kingston Council on Aging

Reed Center, 33A Summer St., P.O. Box 234

Kingston, MA 02364

Walking Locations: Kingston, Duxbury

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Lakeville

Lakeville Walkers

(508) 947-7224

Lakeville Senior Center

Bedford Street

Lakeville, MA 02347

Walking Locations: Lakeville, Middleboro, Taunton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Lanesboro

Fallen Arches

(413) 448-2682

Lanesboro Council on Aging

83 North Main Street

Lanesboro, MA 01237

Walking Locations: Lanesboro, Pittsfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Leicester

Leicester Walkers

(508) 892-8732

Leicester Senior Center

3 Washburn Square

Leicester, MA 01524

Walking Locations: Leicester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Leominster

Leominster Walking Club
Leominster Senior Center
5 Pond Street
Leominster, MA 01453

(978) 534-7511

Walking Locations: Leominster (at the high school)
Seasons Club Actively Walks: Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Afternoons

Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Lowell

Lowell Walking Group
Lowell Council on Aging
400 Merrimack Street
Lowell, MA 01854

(978) 970-4135

Walking Locations: Lowell
Seasons Club Actively Walks: Summer, Spring
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Ludlow

Ludlow Senior Center Sunflowers
Ludlow Senior Center
37 Chestnut Street
Ludlow, MA 01056

(413) 583-3564

Walking Locations: Ludlow, Springfield
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Malden

(781) 397-7144

Malden Walkers

200 Pleasant St., Rm. 121
Malden, MA 02148

Walking Locations: Malden

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Manchester

Body and Sole

(978) 526-7500

Manchester Council on Aging
Town Hall, Central Street
Manchester, MA 01944 1399

Walking Locations: Manchester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Mansfield

Puddle Ducks

(508) 261-7368

Mansfield Council on Aging
255 Hope Street
Mansfield, MA 02048

Walking Locations: Mansfield, Foxboro, Easton, Taunton, Attleboro

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Marion

Marion Walking Club
Marion Council on Aging
2 Spring Street
Marion, MA 02738

(508) 748-3570

Walking Locations: Marion
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings, Afternoons

Marlboro

Marlboro COA Walking Club
Marlboro Council on Aging
250 Main Street
Marlboro, MA 01752

(508) 485-6492

Walking Locations: Marlboro
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Afternoons

Marshfield

Marshfield Walking Club
Marshfield Council on Aging
1 Library Plaza
Marshfield, MA 02050

(781) 834-5581

Walking Locations: Marshfield
Seasons Club Actively Walks: Spring
Time of Walks: Mornings

Mashpee

Mashpee Walkers Talkers
Mashpee Council on Aging
500 Greatneck Road North

(508) 539-1440

Mashpee, MA 02649

Walking Locations: Mashpee

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Mattapan

Fieldstone Walking Club

(617) 265-4919

Fieldstone Apartments

Mattapan, MA 02124

Walking Locations: Dorchester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Afternoons

Mattapan

Shangri La Walking Club

(617) 298-0986

Colorado St. Citizens Group

24 Colorado Street

Mattapan, MA 02126

Walking Locations: Boston, Jamaica Plain, Roxbury, Mattapan

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings, Evenings, Weekends

MEDWAY

Medway Senior Walkers

(508) 533-7236

Medway COA

76 Oakland Street

Medway, MA 02053

Walking Locations: Medway
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1 - 2 days
Time of Walks: Mornings

Medford

Medford Walking Club (781) 396-6010
Medford Council on Aging
101 Riverside Avenue
Medford, MA 02155

Walking Locations: Medford
Seasons Club Actively Walks:
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Medway

Medway Walking Club (508) 533-3210
Medway Senior Center
76 Oakland Street
Medway, MA 02053

Walking Locations: Medway and surrounding areas
Seasons Club Actively Walks: Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Millbury

Millbury Walking Club (508) 865-9154
Millbury COA
One River Street
Millbury, MA 01527

Walking Locations: Millbury

Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings
Walking Locations: Millbury

Milford

Silver Sneakers (508) 473-8334
Milford Senior Center
15 Winter Street
Milford, MA 01757

Walking Locations: Milford
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Millis

The Millis Milers (508) 376-7051
Millis Senior Center
900 Main Street
Millis, MA 02054

Walking Locations: Millis
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Milton

Milton Marchers (617) 898-1094
Milton Council on Aging
10 Walnut Street
Milton, MA 02186

Walking Locations: Milton, Boston, Braintree, Weymouth, Hingham
Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Needham

Charles River Walking Club

(508) 653-8856

Deaconess Glover Hospital

148 Chestnut Street

Needham, MA 02492

Walking Locations: Needham, Dover, Wellesley, Natick, Medfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings, Afternoons

Senior Walking Club

(781) 455-7537

Needham Park and Recreation Department

1471 Highland Avenue

Needham, MA 02492

Walking Locations: Needham

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 3- 4 days

Time of Walks: Mornings & Afternoons

New Bedford

New Bedford Walking Club

(508) 997-4882

New Bedford Council on Aging

572 Pleasant Street

New Bedford, MA 02740

Walking Locations: New Bedford

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Newbury

Newbury Walking Group

(978) 462-8114

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

Walking Locations: Newbury

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Newton

Early Morning Walkers

(617) 552-7120

Newton Parks & Recreation
70 Crescent Street
Newton, MA 02466

Walking Locations: Newton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings, Weekends

North Adams

Young at Heart Walkers

(413) 662-3125

North Adams Council on Aging
116 Ashland Street
North Adams, MA 01247

Walking Locations: North Adams

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Northboro

Sunshine Gang

(508) 393-5035

Northboro Senior Center

1 Centre Drive

Northboro, MA 01532

Walking Locations: Northboro, Westboro, Shrewsbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Norwood

Norwood Walking Club

(781) 762-1201

Norwood Senior Center

275 Prospect Street

Norwood, MA 02062

Walking Locations: Norwood

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Afternoons

Oak Bluffs

Oak Bluffs Walking Club

(508) 693-4509

Oak Bluffs Council on Aging

Wamsutta Avenue, P.O. Box 573

Oak Bluffs, MA 02557

Walking Locations: Oak Bluffs

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Oakham

Oakham Walking Club
Oakham Council on Aging
P.O. Box 173
Oakham, MA 01068

(508) 882-3894

Walking Locations: Oakham

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Orleans

Orleans Walking Club
Orleans Council on Aging
150 Rock Harbor Road
Orleans, MA 02635

(508) 255-6333

Walking Locations: Orleans, Brewster, and surrounding towns

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Peabody

Peabody COA Walkers
Peabody Council on Aging
79 Central Street
Peabody, MA 01960

(978) 531-2254

Walking Locations: Peabody

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Pembroke

Walking Group
Pembroke Council on Aging

(781) 294-8220

Town Hall, 100 Center Street
Pembroke, MA 02359

Walking Locations: Pembroke, mall walkers

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Pittsfield

Breakfast Club

(413) 499-9346

Senior Center, YMCA, & Melbourne Place
330 North Street
Pittsfield, MA 01201

Walking Locations: Pittsfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: Meets once a month

Time of Walks: Mornings

Plainville

Plainville Walking Club

(508) 699-7384

Friends of Plainville Seniors
9 School Street
Plainville, MA 02762

Walking Locations: Plainville

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Plymouth

Plymouth Rockers

(508) 830-4230

Plymouth Council on Aging
130 Court Street
Plymouth, MA 02360

Walking Locations: Plymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Plympton

Walky-Talkers

(781) 585-8160

85 Ring Road

Plympton, MA 02367

Walking Locations: Plympton, Kingston, Plymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings, Afternoons

Princeton

Princeton Walkers

(978) 464-5977

Princeton Council on Aging

6 Towne Hall Drive

Princeton, MA 01541

Walking Locations: Princeton, Rutland

Seasons Club Actively Walks:

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Quincy

Walk of Ages

(617) 471-5712

Beechwood Community Center

440 East Squantum Street

Quincy, MA 02171

Walking Locations: Quincy

Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Raynham

Raynham Walkers (508) 824-2740
Park and Recreation
2215 King Philip Street PO Box 84
Raynham, MA 02768

Walking Locations: Raynham, Taunton; Plymouth on occasion
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Reading

In Town Walkers (781) 942-9057
Reading Elder Services
16 Lowell Street
Reading, MA 01867

Walking Locations: Reading
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Rehoboth

Rehoboth Walking Club (508) 252-3372
Rehoboth Council on Aging
320 Anawan Street
Rehoboth, MA 02769

Walking Locations: Rehoboth
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Rochester

Rochester Rockettes

(508) 763-8723

Rochester Council on Aging
1 Constitution Road
Rochester, MA 02770

Walking Locations: Rochester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Rockport

Walkie Talkies

(978) 546-2573

Rockport Council on Aging
4 Broadway
Rockport, MA 01966

Walking Locations: Rockport

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Roslindale

Pondside Patrollers

(617) 363-2329

Rogerson Community Adult Day Health
23 Florence Street
Roslindale, MA 02131

Walking Locations: Roslindale, Jamaica Plain

Seasons Club Actively Walks: Summer, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Roslindale House Walking Club**(617) 327-1503**

Roslindale House
120 Poplar Street
Roslindale, MA 02131

Walking Locations: Roslindale**Seasons Club Actively Walks:** Summer, Spring, Fall, Winter**Number of Days a Week Club Walks:** 1-2 days**Time of Walks:** Afternoons**Roxbury**

Aliancanos**(617) 427-7175 x243**

La Alianza Hispana, Inc.
409 Dudley Street
Roxbury, MA 02119

Walking Locations: Roxbury, Jamaica Plain, Dorchester, Braintree**Seasons Club Actively Walks:** Summer, Spring, Fall, Winter**Number of Days a Week Club Walks:** 3-4 days**Time of Walks:** Mornings**Roxbury**

Council Towers Walkers Club**(617) 427-8194**

Council Towers
2875 Washington Street
Roxbury, MA 02119

Walking Locations: Roxbury, Jamaica Plain**Seasons Club Actively Walks:** Summer, Spring, Fall, Winter**Number of Days a Week Club Walks:** 3-4 days**Time of Walks:** Mornings

Saint Joseph Walking Club
Saint Joseph Community Housing
86 Crispus Atticks Place
Roxbury, MA 02119

(617) 427-3326

Walking Locations: Roxbury, Jamaica Plain
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Roxbury Holy Temple Church
14 Lambert Ave.
Roxbury, MA 02119

(617) 442-1531

Walking Locations: Jamaica Plain Pond
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 Days
Time of Walks: Afternoon

Roxbury Tenants of Harvard
11 New Whitney St.
Boston, MA 02115

(617) 232-0400

Walking Locations: Roxbury Area
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 Days
Time of Walks: Mornings

Rutland

Rutland Early Brids
Rutland Council on Aging
250 Main Street
Rutland, MA 01543

(508) 886-9004

Walking Locations: Rutland, Princeton, Packston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Scituate

Scituate Walking Club

(781) 545-8722

Scituate Senior Center and Council on Aging

27 Brook Street

Scituate, MA 02066

Walking Locations: Scituate

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Seekonk

Seekonk Trotters

(508) 336-8772

Seekonk Council on Aging

320 Pleasant Street

Seekonk, MA 02771

Walking Locations: Seekonk; Boston & Cape Cod on special occasions.

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Shrewsbury

Shrewsbury Senior Steppers

(508) 841-8640

Shrewsbury Council on Aging

15 Parker Road

Shrewsbury, MA 01545

Walking Locations:

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Somerville

Somerville Strollers

(617) 625-6600

Somerville Council on Aging
167 Holland Street
Somerville, MA 02143

Walking Locations: Somerville, Boston, Marblehead

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Southborough

Senior Striders

(508) 229-4452

Southborough Recreation
17 Common Street
Southborough, MA 01772

Walking Locations: Southborough

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

South Hadley

Walk & Talk

(413) 538-5042

South Hadley Council on Aging
45 Dayton Street
South Hadley, MA 01075

Walking Locations: South Hadley

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Springfield

Walking Wildcats

(413) 787-6487

Department of Elder Affairs
1600 East Columbus Avenue
Springfield, MA 01103

Walking Locations: Springfield

Seasons Club Actively Walks: Summer

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Stoughton

Stoughton Striders

(781) 344-8514

Stoughton Council on Aging
110 Rockland Street
Stoughton, MA 02072

Walking Locations: Stoughton

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Sturbridge

Sturbridge Walking Club

(978) 443-3055

Sturbridge Council on Aging
PO Box 746
Sturbridge, MA 01776

Walking Locations: Sturbridge

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Sutton

Walking for the Health of It

(508) 234-0703

Sutton Senior Center

20 Hough Road

Sutton, MA 01590

Walking Locations: Sutton

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Swansea

Swansea Steppers

(508) 676-1831

Swansea Council on Aging

450 Ocean Grove Avenue

Swansea, MA 02777

Walking Locations: Swansea and surrounding areas

Seasons Club Actively Walks: Summer, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Templeton

Templeton Walking Club

(978) 632-4592

Templeton Council on Aging

PO Box 244 E. Templeton

Templeton, MA 01438

Walking Locations: Templeton (at the high school)

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Afternoons, Evenings

Tewksbury

Swinging Seniors**(978) 640-4473**

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876

Walking Locations: Tewksbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Topsfield

Keep Walking and Smiling**(978) 887-1523**

Topsfield Council on Aging
Town Hall, 8 W. Common Street
Topsfield, MA 01983

Walking Locations: Topsfield, Newburyport, Danvers

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

UPTON COUNCIL ON AGING

(508) 529-4558**Upton Walk Club**

Upton Senior Center
1 Centennial Drive
P. O. Box 610
Upton, MA 01568

Walking Locations: Upton

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Walpole

Walpole Walk a Longs

(508) 668-3330

Walpole Council on Aging
135 School Street, Town Hall
Walpole, MA 02081

Walking Locations: Walpole

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Webster

(508) 949 - 3845

Webster Walkers

Webster Council on Aging
116 School Street
Webster, MA 01570

Walking Locations: Webster

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Wellesley

Wellesley Keep Moving

(781) 237-1577

Wellesley Council on Aging
219 Washington Street
Wellesley, MA 02481

Walking Locations: Wellesley
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Westborough

Westborough Walking Club (508) 366-3000
Westborough Council on Aging
4 Rogers Road
Westborough, MA 01581

Walking Locations: Westborough
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

West Bridgewater

Wee Bee Walkers (508) 588-4418
Council on Aging
2 Spring Street
West Bridgewater, MA 02379

Walking Locations: West Bridgewater
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 3-4 days
Time of Walks: Mornings

Westfield

Westfield Walkers (413) 562-9624
Council on Aging
40 Main Street
Westfield, MA 01085

Walking Locations: Westfield
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1 day

Time of Walks: Mornings

Westminster

Walkers of Westminster

(978) 874-7402

Westminster Council on Aging and Friendship Club

127 Main Street

Westminster, MA 01473

Walking Locations: Westminster, Gardner

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

West Roxbury

J.O.Y.(Just Over Youth) Walkers

(617) 994-9808

75 Eastwood Circle

West Roxbury, MA 02132

Walking Locations: West Roxbury, Roslindale, Jamaica Plain, South Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

West Springfield

Rise and Shine Walkers

(413) 263-3264

West Springfield Council on Aging

128 Park Avenue

West Springfield, MA 01089

Walking Locations: West Springfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Weston

Weston Walkers

(781) 893-0154

Weston Council on Aging
20 Alphabet Lane
Weston, MA 02493

Walking Locations: Weston

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings/ afternoons

Weymouth

Weymouth Happy Hikers

(781) 337-9702

Weymouth Council on Aging
182 Green Street
Weymouth, MA 02191

Walking Locations: Weymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Morning

Whitman

Toll House Cookies

(781) 447-7619

Whitman Council on Aging
16 Hayden Avenue
Whitman, MA 02382

Walking Locations: Whitman

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Whitenville

Jolly Walkers of Whitenville

Alternatives Unlimited

54 Douglas Rd.

Whitenville, MA 01588

Walking Locations: Whitenville, Uxbridge

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Wilbraham

Wilbraham Walkie Talkies

(413) 543-8201

Wilbraham Senior Center

88 Stony Hill Road

Wilbraham, MA 01095

Walking Locations: Wilbraham, Hampden, Monson

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1- 2 days

Time of Walks: Mornings

WINCHENDON

Winchendon Council on Aging

(978) 297-0415

108 Ipswich Drive

Winchendon, MA 01475

Walking Locations: Winchendon

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1- 2 days

Time of Walks: Mornings

Winthrop

Viking Striders

(617) 846-8538

Winthrop Council on Aging
35 Harvard Street
Winthrop, MA 02152

Walking Locations: Winthrop; also North End, Quincy, Swampscott

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Worcester

Worcester Walkers

(508) 799-5067

Worcester Elder Affairs
Worcester Senior Center
128 Providence Street
Worcester, MA 01604

Walking Locations: Worcester

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Wrentham

Trail Blazers

(508) 384-5425

Wrentham Council on Aging
PO Box 480
Wrentham, MA 02093

Walking Locations: Wrentham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: Twice a week

Time of Walks: Mornings

Yarmouth

Walking Group

(508) 760-4810

Yarmouth Council on Aging

528 Forest Road

Yarmouth, MA 02664

Walking Locations: Yarmouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings